



# HIGH DESERT WARRIOR

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www.irwin.army.mil

January 20, 2011

Published in the interest of the National Training Center and Fort Irwin community

## Vietnam Veterans Salute

The National Training Center and Fort Irwin invites all military veterans who served during the Vietnam War Era (1955-1975) to its 2nd Annual Vietnam Veterans Day Ceremony on March 30, from 10 a.m. to 3 p.m. Highlights include Welcome Ceremony with lapel pins presentation, lunch with the commanding general and Soldiers, group photograph, veterans' benefits information table and military vehicle display. Family members of Vietnam veterans are encouraged to attend. RSVP by March 15 at email [http://www.irwin.army.mil/cmd\\_staff/USAG/Documents/Vietnam.pdf](http://www.irwin.army.mil/cmd_staff/USAG/Documents/Vietnam.pdf) or contact Mark Laury, Directorate of Plans, Training, Mobilization, and Security at 380-6372 or email him at [mark.laury@us.army.mil](mailto:mark.laury@us.army.mil).

## Celebrate Black History

The Fort Irwin community is invited to attend African American/Black History month celebration. Soldiers from 11th Armored Cavalry Regiment will sponsor the event at the Sandy Basin Community Center, Feb. 1, from 11:30 a.m. to 1 p.m. Guest speaker is former Arkansas Senator Irma Hunter-Brown. Fort Irwin Soldiers will perform and ethnic food samplings will be offered.

## DUI Free Zone

The Fort Irwin Garrison Safety Office reminds everyone to be safe when consuming alcoholic beverages and plan ahead. Fort Irwin and the National Training Center is a DUI Free Zone and everyone is encouraged to do their part to prevent drunk driving.

## Unit PT Areas

Reminder that the housing area is off-limits for unit physical training, this includes all courts (basketball and tennis) and large grassy areas such as the field at the intersection of Barstow Road and Normandy Drive and Cracker Jack Flats. The courts and fields are for residential use only.

## Soldiers', Spouses' Program

The 11th Armored Cavalry Regiment Chaplain's Office introduced new programs for Soldiers who have deployed and their spouses at Fort Irwin, Calif., on Jan. 10. The programs will feature open group discussions led by a chaplain. The group discussions will provide an open, safe and confidential environment for Soldiers and their spouses to discuss problems. The Warriors' Huddle, for Soldiers who have deployed, will be held Mondays at the Education Center, Room 26, from 11:45 a.m. to 12:45 p.m. The Spouses' Warrior Huddle, for spouses of Soldiers who have deployed, will be held Tuesdays at the Family Life Center, Building 320, from 9:30 a.m. to 10:30 a.m. For more information regarding the Warriors' Huddle or the Spouses' Warrior Huddle, please contact Sgt. Christina I. Lemburg, 11th ACR Chaplain Assistant at 380-4913 or by email at [christina.parmeley@us.army.mil](mailto:christina.parmeley@us.army.mil).



Retired Army Col. Nathan Thomas, Jr. speaks during the National Training Center and Fort Irwin's Dr. Martin Luther King, Jr. commemoration event at Sandy Basin Community Center, Jan. 11.

*Retired colonel shares ...*

## Dr. King's dream

**STORY AND PHOTO BY CHARLES MELTON**  
Warrior Staff Writer

When retired U.S. Army Col. Nathan Thomas, Jr. spoke at the National Training Center and Fort Irwin's Dr. Martin Luther King Jr. commemoration on Tuesday, he didn't share Dr. King's dream from the civil rights movement of the 1960s.

Instead Thomas, who participated in the civil rights movement, including the walk from Selma, Ala. to Montgomery, Ala., shared Dr.

King's dream for the National Training Center and Fort Irwin community in the present day.

"While he is someone who will be remembered, I say to you, 'Be someone that you will be remembered who will deliver the goods,'" Thomas said. "What you do in your community will stand out for a lifetime. Dr. King would want you to do those things."

Dr. King dared those around him to step forward and dare to take the responsibility of being a human being, which will bring everyone closer together, he said.

In light of the shootings in Arizona this past weekend, which injured Congresswoman Gabrielle Giffords and killed six others, Thomas said the first thing Dr. King would say is, "Stop the hate."

"Debate is one thing. Killing of each other would not have been an option for Dr. King," he said. "He loved debate. He taught us all of how to debate and to certainly respect each other's opinion."

That doesn't mean people will necessarily agree, but they do respect each other's opinions, he said.

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## JAN./FEB. 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

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**284**

**FORT IRWIN SOLDIERS  
CURRENTLY DEPLOYED**

Source: Directorate of Human Resources  
National Training Center and Fort Irwin



# 3/25 Infantry Division tackles training challenges at NTC

January RTUs prepare for deployments

STORY AND PHOTOS BY CAROLINE KEYSER  
Warrior Staff Writer

There may be fewer palm trees and flowers on Fort Irwin than in Hawaii, but for Soldiers of 3rd Brigade Combat Team, 25th Infantry Division, that's a good thing.

"The environment here is so close to Afghanistan, it really gives them good training," said Maj. Pat Stitch, the brigade's operations officer.

More than 5,000 Soldiers from 3rd Brigade are currently training for a 12-month deployment in the National Training Center's facilities commonly known as "the box." The brigade, whose home station is Schofield Barracks, Hawaii, is set to deploy to Afghanistan this spring, where its mission will be to provide civil security and to assist in the development of the Afghan National Security Forces and the Afghan government.



**Soldiers from the 570th Engineer Company, 14th Engineer Battalion, react to a simulated explosion during an urban mounted patrol situational training exercise at the National Training Center's Ertebat Shar village.**



**In armored humvees, Soldiers from the 570th Engineer Company, 14th Engineer Battalion, from Fort Lewis, Wash., patrol the village of Ertebat Shar during an urban mounted patrol situational training exercise.**

The 3rd Brigade's time at the NTC will be instrumental in its success in theater, Stitch said.

"The scenarios are very similar to daily occurrences in Afghanistan," he said. "It really teaches you to be adaptable. It takes you out of your comfort zone and makes you think outside the box. That's definitely a good thing."

The 3rd Brigade isn't the only rotational training unit at the NTC this month. Several other units are here supporting the 3rd Brigade and preparing for their own deployments, including elements of the 3rd Special Forces Group, 14th Engineer Battalion and the 54th and 58th Military Police Companies.

The 14th Engineer Battalion, based out of Fort Lewis, Wash., is slated to deploy to Afghanistan this summer. The battalion's main mission will be to provide route clearance — the same assignment it has been practicing at the NTC.

"I think this place really fits the theater we're going to," said Com-

mand Sgt. Maj. Douglas Padgett, the battalion's command sergeant major. "They've done a good job of making sure of that."

Many of the Soldiers in the 3rd Brigade and the 14th Engineer Battalion are preparing for what will be their first deployment. Pvt. Eric Avina, a native of Riverside, Calif., is experiencing his first NTC rotation.

"It's good training," he said. "You get a feel for the real live thing. We're definitely going to be better prepared to go downrange."

Both Stitch and Padgett said the biggest training challenge for their units is preparing new Soldiers and leaders for the demands of a deployment to Afghanistan. But both expressed confidence that their NTC training would help them overcome that challenge.

"The chance to acclimatize out here before we deploy is probably the biggest benefit (of the NTC)," Stitch said.

## WHO WE ARE

Brig. Gen. Robert B. Abrams  
Commanding General

Command Sgt. Maj. Nathan Buckner  
Post CSM

Col. Jim Chevallier  
Garrison Commander

Command Sgt. Maj. Mark A. Harvey  
Garrison CSM

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NTC Public Affairs Director

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## HIGH DESERT WARRIOR

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## SUBMISSIONS

Story and photos may be sent to the High Desert Warrior at least two weeks prior to the desired publication date. Items submitted to the High Desert Warrior are always subject to editing. Submissions should include subject's names, ranks and work affiliation (unit or organization) of everyone in the photograph. Group photos of four or more people don't require individual names. Submissions may be e-mailed to the editor at [chicpaul.becerra@us.army.mil](mailto:chicpaul.becerra@us.army.mil).

## NEWSPAPER AWARDS

**2nd Place, 2009 U.S. Army IMCOM-West**  
Newspaper Competition — Tabloid Category

**Honorable Mention, 2008 Dept. of the Army**  
Maj. Gen. Keith L. Ware  
Newspaper Competition — Tabloid category

**3rd Place, 2007 U.S. Army IMCOM-West**  
Newspaper Competition — Tabloid Category

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1. Your chain of command  
2. ICE (Interactive Customer Evaluation)  
3. CG's Hotline: 380-5463

## Dream, from page 1

"The idea now has gotten to the point of people pinpointing each other to kill each other," he said. "I think his message would be to stop the hate and, 'Let's get back to some basic understanding that I may not agree, but I'm willing to listen to what you have to say.'"

That communication might open common ground, which is what Dr. King strived to find, he said.

From his own experiences, Thomas fought racism when he was drafted into the Army during the Vietnam War.

When he went to the draft board and requested a deferment because he had two years of college, Thomas said he clearly remembers the response to his request.

"She said in no uncertain terms this to me, 'N-----s do not get deferments,' and I went to Vietnam," he said. "But I told her, I said, 'I will live to the day that I come back just to meet you,' and fortunately, I did."

Now Thomas said he doesn't believe the military comes close to that.

As he closed, Thomas thanked the National Training Center and Fort Irwin community for inviting him to speak at the event.

"The wonderful thing is really about you and keeping that spirit alive and also keeping the idea of how a beloved community works together," Thomas said. "All that directly fits in with Dr. King, so when you're doing that, you become magnified even greater."



# Color Guard represents Army at Rose Bowl

**STORY AND PHOTOS BY JACKIE HOGGINS**

Community Relations Officer

In the midst of the roses of the 97th Rose Bowl in Pasadena, Calif., on New Year's Day, a group of National Training Center and Fort Irwin Soldiers took center stage.

The Soldiers formed an elite color guard selected specifically to represent not only the National Training Center and Fort Irwin, but the entire Army as well.

Sgt. 1st Class Nicholas Gaytongarner, from 11th Armored Cavalry Regiment, served as the commander of the elite group.

"It was a huge honor to be selected to represent the National Training Center," he said. "In my 10 years in service, it was by far the best experience I have ever had."

The game marked the culmination of several weeks of hard work, which didn't go unrecognized by post leaders such as G-3 Operations Sgt. Maj. Jeffrey Loper, who noted the group practiced with numerous distractions leading up to the Rose Bowl.

After successfully completing the mission, Spc. Andre Hernandez from the 11th Armored Cavalry Regiment called it an "awesome, unforgettable experience."

"My heart was pounding, and I was swelling with pride and excitement when we marched out on the field with the stadium full of fans," he said.

Other members of the group included Sgt. 1st Class Michael Carter, Sgt. Steffen Roman, Spc. Andre Allen and Pfc. John Brundage.



Members of the NTC Color Guard receive a final "pep" talk from Brig. Gen. Robert "Abe" Abrams, fourth from left, before posting the colors during live broadcast of the Rose Bowl football game.



Fort Irwin Soldiers meet with Lee Corso, ESPN sports broadcaster and football analyst, before the Rose Bowl football game begins.



The NTC Color Guard meets the Wisconsin Badger cheerleaders.



NTC Color Guard members take in the sights and sounds before the Rose Bowl game.



## Crime Watch

Information provided by  
Provost Marshal Office

**Possible child abuse.** Location: Police investigated the report of a child abuse case. Report was taken.

**Respond to vicious dog** Location: Granite Canyon housing. Police responded to the report of a loose pit chihuahua. Dog was located and returned to the owner.

**Notification of arrested Soldier.** Location: Off post. Los Angeles Police Department (LAPD) notified Fort Irwin Police of the arrest of a Fort Irwin Soldier for spouse abuse.

**DUI on post.** Location: 24-hour Shoppette. Police initiated a traffic stop in the parking lot of the 24-hour Shoppette. The driver displayed the objective symptoms of alcohol intoxication and was subsequently apprehended.

**Arrested Soldier.** Location: Off post. San Bernardino Sheriff's Office notified Fort Irwin Police of the arrest of a Fort Irwin Soldier for spouse abuse.

**Child neglect.** Location: Calico Estates housing. Police investigated the report of a child neglect case. Report was taken.

**Disturbance.** Location: Sage Brush housing. Police investigated the report of a disturbance. No evidence of a crime.

**Arrested Soldier.** Location: Off post. San Bernardino County Sheriff's Office notified Fort Irwin Police of the arrest of a Fort Irwin Soldier for spouse abuse.

## News Briefs

### Hotline Phone Change

The phone numbers for Victim Advocates and Sexual Assault have changed temporarily. The number to reach the Victim Advocate and Hotline of Victim Advocacy is 646-4531. The number to report a sexual assault to Christina Chavez is 267-4079.

### In-Processing Relocation

Military Personnel and Finance In-processing Sections have relocated to Bldg. 312, co-located with the AG Replacement. All other Military Personnel Functions remain in Bldg. 561. DEERS and ID Cards section remains in its current location — Bldg. 563.

### Operation Battle Blackout

Operation Battle Blackout-Fort Irwin, through its partnership with its electricity provider (Southern California Edison), is calling everyone to voluntarily reduce its peak electricity usage during the critical period of 12 noon to 8 p.m. to support and aid in averting a possible energy emergency. Do your part: conserve energy by cutting down on lighting, electrical, and power usage in your work area or in your home. Encourage your fellow Soldiers, co-workers, and family members to conserve energy every day.

### Dental Clinic Open

Dental Clinic 1 (DC1), located in Bldg. 478, 3rd and G Street, is currently open for orthodontic and pediatric care. The officer-in-charge/orthodontist is Maj. Kevyn Wetzel, who handles active duty and very limited family members while the pediatric dentist is Maj. Adam Bushell, who handles children, ages birth-eight-years-of-age. For more information, contact Maj.

Kevyn Wetzel, 380-3284. Speed Limit Changes. The speed limit on Inner Loop Road between Barstow and Goldstone roads has been reduced from 35 mph to 25 mph. All motorists should take note of this change and adjust their speeds accordingly.

### Radio Broadcast Streaming

Public Affairs Office is streaming radio broadcast on KNTC 88.3FM. The link can be accessed at the Fort Irwin home Web page. Listeners can click on the KNTC logo, located at the top right of the home page, which will open the media player and play the broadcast. If anyone has questions about the stream, call 380-3450.

### Irwin Job Fair

Army Community Service will host a job fair at Reggie's, Feb. 9, from 10 a.m. to 1 p.m. This job fair is FREE and open to the public. Bring copies of your resume and dress professionally. For more information, contact Silvia Moreno at 380-5165.

### Irwin Blood Drive

Fort Irwin community is invited to the post's Blood Drive. The Bloodmobile will be located at the Main Post Exchange parking lot, Feb. 9, from 11 a.m. to 3 p.m. Be sure to drink plenty of fluids and bring photo ID with you. For more information, contact Chief Warrant Officer 2 Hess at 380-5421

### Mothers of Pre-Schoolers

Mothers of Pre-Schoolers (MOPS) hold meetings on the second and fourth Wednesday of each month. Food, childcare and friendship will be provided. For more information, call the Chapel at 380-3562 or contact Tiffany Spicer or Terra Chew at ftirwinmops@gmail.com.

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# Worship Services/Chapel Activities

## Recurring Worship Services Center Chapel

### Friday

12 noon — Islamic Prayer Service (Bldg 317)

### Sunday

9 a.m. — Catholic Mass (Rosary held before Mass)  
(Sanctuary)

9:30 a.m. — Protestant Sunday school

11 a.m. — Chapel Next, Contemporary Worship Service  
(Sanctuary)

11 a.m. — Protestant Traditional Service (Activity Room,  
Bldg. 315)

2:15 p.m. — Latter Day Saints Religious Education  
(Bldg. 315)

3:15 p.m. — Latter Day Saints — Priesthood & Relief  
Society (Bldg. 317)

## Recurring Worship Services Blackhorse Chapel

### Sunday

9 a.m. — Protestant Liturgical Service

11 a.m. — Gospel Service

1 p.m. — Church of Jesus Christ of Latter Day Saints  
Worship Service

### Wednesday

7 p.m.— Bible study (Gospel)

### Thursday 1st & 4th

6 p.m. — Gospel Choir

7 p.m. — Prayer Men of Integrity (Gospel)

### Saturday

8 a.m. — Women of excellence 2nd Saturday (Gospel)

8 a.m. — Ministerial Leadership Training  
3rd Sunday (Gospel)

## Center Chapel Recurring Weekday Programs & Services

Daily Catholic Mass — Mon., Tues., Thur., Fri. (11:45 a.m.)

CWOC — Catholic Women of Chapel, Thur. (9 a.m.)

PYOC — Protestant Youth, Middle School Mon.  
(6-7:30 p.m.)

PYOC — Protestant Youth High School Mon. (7-9 p.m.)

PWOC — Protestant Women of Chapel Tues. (9 a.m.)  
and (6 p.m.)

AWANA — Wed. (4 p.m.)

MOPS — Mothers of Preschoolers 2nd & 4th Wed. (9 a.m.)

LifeTeen & EDGE — Catholic High School Students  
Wed. (6:30-8 p.m.)

Jewish Services: Please call Center Chapel at 380-3562

Earth Based Services — Tues (4-8 p.m.) Bldg. 317

Operation Helping Hands Food Pantry: Monday-Thursday:

8 a.m.-3:30 p.m.; Friday: 8 a.m.-2:30 p.m. (Closed on Holidays)

## Protestant Worship Service

The Protestant (Liturgical) Worship Service resumes its normal 9 a.m. Sunday morning schedule on Jan. 9 at Blackhorse Chapel following the holiday break. All are invited to join us as we begin the new year celebrating the Epiphany season of the church year.



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# Community Happenings

## Princess Party

All Fort Irwin princesses of the Fort Irwin community are invited to participate in a Princess Party at the Arts and Crafts Center, Saturday, Jan. 22, 12-2 p.m. The cost is \$15 per person and if there is more than one princess in a family, the cost is \$15 for first princess and \$10 for second princess. Each Princess will be announced and escorted to the Bibbidi Bobbidi Boutique for a Princess makeover. There will be a crowning by the Prince Charming or the Queen. Parents can take a photo of their princess at this time. There will be Coloring Pages for the princesses and a game of Snow White’s Poison Apple. Enjoy a royal banquet of cake and punch. For more information, call Rena (Dee) Hayden, at 380-3431.

## Adult Chess Club

Whether you are a beginner or novice, all adults are welcome to participate in Adult Chess Club every Tuesday evening, 5:30-7:30 p.m., at the Fort Irwin Post Library. For more information, call 380-3462.

## Pajama Jam

All ages welcome to a Pajama Jam at the Post Library tomorrow/Jan. 21, 6-7 p.m. Bring your favorite stuffed friend, blanket, and wear cozy pajamas and listen to bedtime stories, have a snack, and make a craft. For more information, call the Post Library at 380-3462.

## Storytime

Unlock the magic of storytime Thursday mornings at 11:30 a.m. and Friday mornings at 10 a.m. Storytime can help kids develop both listening and language skills. For more information, call the Post Library at 380-3462.

## Go For The Gold

Fort Irwin Winter Child, Youth, and School Services’ Olympics is here! Showcase your abilities Jan. 29, 8 a.m. 4 p.m., and participate in CYSS’ Winter Olympics at the Fitness Connection. Registration can be completed at Parent Central (Bldg.1323); MST (Bldg. 1313); SAC (Bldg. 1315); and the YS Office (Bldg. 1300). Events will include skating, hockey, checkers, bobsled, Wii, and a biathalon. The CYSS Olympics is for anyone, ages of 8 through 18, so let the games begin! For more information, call 380-2257

## Super Bowl Party

Watch the Super Bowl at Shock Wave on Feb. 6 and enjoy a pre-game party, door prizes, and give-aways. For more information, call 380-3084.

## Ultimate Fighting Championship

Shock Wave is showing UFC 126 on the big screen HD projectors, Feb. 6. Cover charge is \$10 and the show starts at 7 p.m. For more information, call 380-8646.

## Visit Quilting Exhibit

Leisure Travel Services is offering a trip to the Bowers Museum and its quilting exhibit, Feb. 19. The sign-up deadline is Jan. 27. For details, call 380-4767.

## Teen Workshops Offered

The HIRED! Program will be offering the following workshops for all high school teens registered with CYSS at the Middle School Teen & Center (1313):  
**Jan. 26, 2-3 p.m.** — Customer Service  
**Feb. 9, 2-3:30 p.m.** — Resumes/Cover Letters (parents must sign an internet permission slip ahead of time, available at MST)  
**Feb. 23, 2-3:30 p.m.** — Mock Interviews  
**Mar. 9, 2-3 p.m.** — Career Exploration (parents must sign an internet permission slip ahead of time, available at MST)  
**Mar. 23, 2-3 p.m.** — College Information (parents must sign an internet permission slip ahead of time, available at MST)  
For more information, contact Meagan Wegner, Work

For more information go to [www.irwin.army.mil](http://www.irwin.army.mil)

Force Preparation specialist, Child, Youth, and School Services, at 380-8412.

## Family Movie Night

The Villages at Fort Irwin will have a Family Movie Night in the Sandy Basin Community Center for the residents, Jan. 30, 6-8 p.m. Bring your family and friends and watch the “Despicable Me.” Bring your blankets and pillows. Popcorn and drinks will be provided. Please RSVP to Cynthia Brooks at (888) 419-6499, ext. 3710. Children under the age of 12 will require parent supervision.

## GSAB FRG Events

Following are upcoming General Support Aviation Battalion, Family Readiness Group events:  
**AAD, GSAB**

Air Ambulance Detachment (AAD) FRG meeting has not been scheduled. If you should have any questions, contact Juli Cummings at (254) 630-2596 or email: [aadfrg@gmail.com](mailto:aadfrg@gmail.com).

If you are interested or should have any questions, contact Mrs. Robinson at 380-7781 or email: [avcofrg@gmail.com](mailto:avcofrg@gmail.com).

# At the Movies

### Thursday, Jan. 20

7 p.m. Closed

### Friday, Jan. 21

7 p.m. Tangled (PG)

7 p.m. Standing Ovation (PG)

9:30 p.m. Tron: Legacy (PG)

9:30 p.m. The Tourist (PG-13)

### Saturday, Jan. 22

7 p.m. Tangled (PG)

7 p.m. Standing Ovation (PG)

9:30 p.m. Tron: Legacy (PG)

9:30 p.m. The Tourist (PG-13)

### Sunday, Jan. 23

4 p.m. Tangled (PG)

7 p.m. Love and Other Drugs (R)

7 p.m. The Tourist (PG-13)

### Monday, Jan. 24

7 p.m. Love and Other Drugs (R)

7 p.m. Standing Ovation (PG)

### Tuesday, Jan. 25

7 p.m. Closed

### Wednesday, Jan. 26

7 p.m. Closed

*This schedule is subject to change at the last minute to accommodate changes in movies and free showings. ID cards are required from all personnel not in uniform when purchasing movie tickets. For more information and movie updates, call 380-3490.*

## Eat Pizza Buffet

Have you tried Shock Wave’s Pizza Buffet yet? Shock Wave has great pizza, plus new food specials each day. For more information, call 380-8646.

## Bring Pet Home

Come and visit Fort Irwin’s Pet Shelter, open from 2-4 p.m., Monday to Friday. Make some friends and see the wonderful dogs and cats that are available for adoption. There just might be a pet available to keep you happy. Pets also make great friendly, family companions. For more information, call 380-3025 or visit [www.fortirwinfmwr.com](http://www.fortirwinfmwr.com) and click on the Adopt-a-Pet Banner for actual pictures of the animals up for adoption.

## Catholic Women of the Chapel

Attention all women: single, married, military or civilian. CWOC hosts a Book/Bible study on Thursday mornings, 10:30 a.m., in the Large Activity Room at The Center Chapel, located at the corner of 1st St. and Barstow Rd. For more information contact Alyse O’Steen at [alo1129@gmail.com](mailto:alo1129@gmail.com). Free on-site childcare provided: homeschoolers welcome; kids welcome.

## Spouses Welcome

Are you a spouse that is new to Fort Irwin? Join other spouses on the first Wednesday of every month, 9 a.m.-12 p.m., at Reggie’s where there’s a welcome conference with Fort Irwin program experts that provide information on various services for newly arrived spouses. Enjoy refreshments, important information, and great giveaways.

## First Aid Classes

Fort Irwin Red Cross is offering CPR/AED and First Aid classes on a regular basis. For more information, contact the Red Cross at 380-3697, e-mail Stephanie Luce the Station Manager at [stephanie.luce@us.army.mil](mailto:stephanie.luce@us.army.mil), or stop by the Red Cross office in Bldg. 566.

## Breastfeeding Support Group

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. For this reason, the Weed Army Community Hospital OB/GYN Clinic and Mother Baby Unit are committed to support and assist our breastfeeding mothers. Breastfeeding Orientation is offered every last Monday of each month from 9-11 a.m. In this class, staff teaches basic breastfeeding techniques to help you prepare for your breastfeeding baby. As you continue breastfeeding, the Breastfeeding Support Group is there to provide you with ongoing assistance and support. BFSG is held every Wednesday from 1-2 p.m. Classes are held at the Mary E. Walker Clinic conference room. For more information, call 380-0613.

## New Parent Support

New Parent Support is a program designed to assist you every step of the way with raising your children in a nurturing, safe, and healthy environment. Childcare is provided for all New Parent Support classes offered. Infant care classes offered Mondays, Wednesdays, and Fridays by appointment only. Classes are held in the Army Community Service conference room. Point-of-contacts are Susan Alderman Family Advocacy Program manager, 380-4470 or the front desk at ACS, 380-4784.

## School Events

### Silver Valley High School

**Jan. 21:** Girls Soccer Home vs. Vasquez, 3 p.m.

Boys Basketball JV Home vs. Vasquez, 4:30 p.m.

Boys Soccer Home vs. Vasquez, 5 p.m.

Girls Basketball Varsity Home vs. Vasquez, 6 p.m.

Boys Basketball Varsity Home vs. Vasquez, 7:30 p.m.

**Jan. 25:** Girls Soccer Home vs. Mojave, 3 p.m.

Boys Basketball JV Away vs. Mojave, 3 p.m.

Girls Basketball Varsity Away vs. Mojave, 4: 30 p.m.

Boys Soccer Home vs. Mojave, 5 p.m.

Boys Basketball Varsity Away vs. Mojave, 6 p.m.

**Jan. 27:** Girls Basketball Varsity Home vs. Riverside Prep, 4 p.m.

Boys Basketball Varsity Home vs. Riverside Prep, 5:30 p.m.

## Youth and School Activities

### Middle School Activities

**Thursday:** Cooking Club: Sugar Cookies

**Friday:** Freelance Writing

**Monday:** Team Building: Mine Field

**Tuesday:** Cultural Relevancy in Restaurant Menus

**Wednesday:** Ultimate Journey, Smart Girls, 4H

### Teen Activities

**Friday:** The Reality Ride

**Saturday:** Self Portrait

### Hours of Operation:

**Middle School:** M-F 3:15 until 6 p.m.

**Teen Center:**

**Friday:** 6-11 p.m.

**Saturday:** 3:30-11 p.m.

**Sundays and Holidays:** Closed

*More information: Kristin Morgan at 380-3732.*

Send Community Happenings briefs at least two weeks inadvance of event to the editor, [chicpaul.becerra@us.army.mil](mailto:chicpaul.becerra@us.army.mil)



# Fort Irwin Community Calendar



**Fri., Jan. 21**

Library Pajama Party  
6-7 p.m.  
Fort Irwin Post Library  
380-3462

**Sat., Jan. 22**

Princess Party  
2 p.m.  
Arts & Crafts Center  
380-3431

**Mon., Jan. 24**

First Day of Free Tax Preparation  
9 a.m.-6 p.m.  
Bldg. 288  
380-5321

**Wed., Jan. 26**

Customer Service Workshop

2-3 p.m.

Bldg. 1313

Meagan Wegner, 380-8412

**Thu., Jan. 27**

Supervisor's ASAP Training  
1:30-3:30 p.m.  
Bldg. 573  
380-4153

**Sat., Jan. 29**

Fort Irwin Winter CYSS Olympics  
8 a.m.-4 p.m.  
Fitness Connection  
380-2257

**Sun., Jan. 30**

Family Movie Night  
6-8 p.m.  
Sandy Basin Community Center

Cynthia Brooks  
888-419-6499 X-3710

**Wed., Feb. 2**

Spouses Welcome Event  
9-12 a.m.  
Reggie's  
380-8380

**Tue., Feb. 8**

PWOC Valentines Program  
9 a.m. & 6 p.m.  
Center Chapel  
380-3562

**Wed., Feb. 9**

ACS Job Fair  
10 a.m.-1 p.m.  
Reggie's, Bldg. 37  
Silvia Moreno, 380-5165

*Check out these upcoming activities at Fort Irwin*



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# Behavioral Health requires no referral

*Soldiers', family members' needs at an all-time high*

BY LT. COL. DAVID E. JOHNSON

Weed Army Community Hospital  
Chief, Behavioral Health

Behavioral Health needs are at an all-time high in the Army due to the current operational tempo.

More Soldiers and family members are seeking care due to higher-than-ever levels of public awareness of the importance of addressing these needs. The old system care worked, but in August of this year, the U.S. Army Medical Command issued an operation order creating the Comprehensive Behavioral Health System of Care (CBHSOC).

The intent of this plan is to establish an integrated, coordinated, and synchronized system to provide screening and treatment of behavioral health issues for Soldiers anywhere in the Army Force Generation (ARFORGEN) cycle. ARFORGEN describes the process by which Soldiers deploy, return to home station, and reset themselves physically and mentally to prepare for possible future deployments. Psychological needs of Soldiers and families are met and sustained in all phases of the ARFORGEN cycle.

CBHSOC fits into this cycle by requiring mental health screening of all Soldiers before deployment, prior to redeployment from theater, within a month after arriving home, between 90-180 days after returning home, and at 12 and 24 months after returning home.

Soldiers identified as benefitting from further care will receive appropriate referrals while maintaining the maximum privacy possible. Additionally, all Soldiers will have the option of conducting

any of these screenings via Virtual Behavioral Health, aka video-conference, with a provider located at a different duty station. This will help alleviate any concerns about privacy.

In addition, the CBHSOC puts increased emphasis on the importance of collaboration between line units and Behavioral Health. Units are being provided instruments to track Soldiers of concern so that the providers will have a heads up on Soldiers in need of help. Leaders will engage and integrate all assets available to assist in healing and in the prevention and mitigation of longterm Behavioral Health problems. CBHSOC will standardize Behavioral Health screening and promote total health throughout the Army. CBHSOC represents a bold and innovative new direction for the Army in recognizing and treating Behavioral Health issues in order to safeguard the health and fitness of its Soldiers.

Note: The Behavioral Health Clinic at Fort Irwin is located in the Mary E. Walker Clinic at Fifth Street and Inner Loop Road. The clinic hours are 7:45 a.m. to 4:30 p.m., Monday through Friday. Appointments can be made telephonically at 380-3631 or at the appointment window. No referral from a medical provider is required. The clinic is available to assist with any emergencies that require immediate attention. After-hours emergencies are handled at the Emergency Room at the main hospital. Behavioral Health maintains providers that are on-call to the emergency room for consultation purposes. Alternative resources also exist on post. Military Family Life Consultants are trained therapists that provide individual and marital counseling services in a non-medical setting. Contact Army Community Service (ACS) for more information. Chaplains are another valuable resource for counseling.



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# Birth Announcements

**LUCAS HUNTER**, boy, 9 lbs., 4 oz., 20 inches, born to Rowan and Douglas Rakers, Dec. 1, at 8:14 a.m.

**JENSEN THEODORE MICHAEL**, boy, 5 lbs., 14.5 oz., 20 inches, born to Hannah and Kevin Meddaugh, Dec. 1, at 12:12 a.m.

**LOGAN CHRISTOPHER**, boy, 8 lbs., 12 oz., 19 inches, born to Rowan Nicole and Christopher Cole, Dec. 3, at 2:20 p.m.

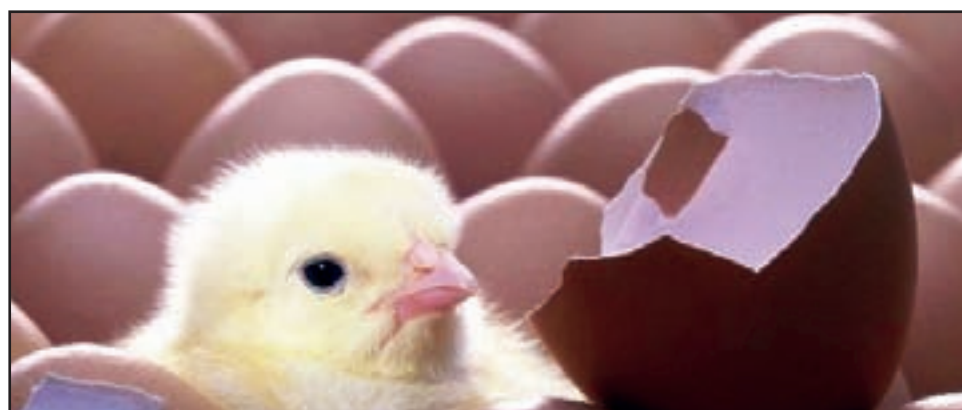
**SYDNEY LOUISE**, girl, 8 lbs., 12 oz., 20 inches, born to Kaitlyn and Kevin Amidon, Dec. 4, at 3:54 p.m.

**BENYAHMIN AARMAAN**, boy, 9 lbs., 10 oz., 20 inches, born to Darlene and Hossein Farhadikia, Dec. 6, at 7:52 p.m.

**CONNOR JACOB**, boy, 6 lbs., 11 oz., 19 inches, born to Sarah and Justin Morency, Dec. 12, at 12:23 a.m.

**JASMYN NICOLE**, girl, 6 lbs., 4 oz., 19 inches, born to Mary and Travis Cooley, Dec. 13, at 8:19 a.m.

**KALI LYNNETE**, girl, 8 lbs., 0 oz., 18 inches, born to Sarah and Mark Dunn, Dec. 13, at 9:09 a.m.



**ISABELLA JAZMYN**, girl, 5 lbs., 13 oz., 18 inches, born to Adriana and Joseph Romero, Dec. 15, at 12:31 a.m.

**KARELY REYNOSO**, girl, 6 lbs., 11 oz., 19 inches, born to Karla and Olegario Reynoso, Dec. 15, at 4:38 p.m.

**SELENA ROSE**, girl, 7 lbs., 0 oz., 15 inches, born to Rebecca and Randall Dexter, Dec. 16, at 11:04 p.m.

**CHASE MICHAEL**, boy, 8 lbs., 15 oz., 20 inches, born to Cassandra and Donald Huberty, Dec. 17, at 1:40 a.m.

**MAKAYLA ELISE**, girl, 4 lbs., 11 oz., 18 inches, born to Jessica and Briscoe, Dec. 17, at 7:50 p.m.

**HA'ANI LAEL VIVIANA**, girl, 6 lbs., 2 oz., 19 inches, born to Megan and Logan Sibert, Dec. 20, at 8:50 a.m.

**LANDYN RYDER**, boy, 6 lbs., 14 oz., 19 inches, born to Heather and Nikolaos Ratray, Dec. 20, at 11:16 a.m.

**DANIEL BRENT**, boy, 5 lbs., 11 oz., 18 inches, born to Fellina and Brian Floravit, Dec. 22, at 8:06 a.m.

**INARA LOAN LEE**, girl, 7 lbs., 0 oz., 20 inches, born to Lydia and Albert Brunson, Dec. 24, at 4:44 a.m.

**ZOE BOQUILLA**, girl, 7 lbs., 10 oz., 20 inches, born to Linda and Eddie Boquilla, Dec. 25, at 2:57 p.m.

**GABRIELLA BEEMENA**, girl, 7 lbs., 13 oz., 19 inches, born to Kasandra and Howard Herbert, Dec. 27, at 4:56 p.m.

**CASEY JAY**, boy, 7 lbs., 15 oz., inches, born to Kimberly and Jason Brown, Dec. 29, at 4:22 p.m.

**MICHAEL BRAYDON**, boy, 7 lbs., 0 oz., 19 inches, born to Tika and Michael Fisher, Dec. 30, at 1:33 a.m.

**ENRIQUE CRISTIANO**, boy, 6 lbs., 5 oz., 18 inches, born to Lorena and Wilman Estrada, Dec. 31, at 10:06 a.m.

**SAVANNAH LYNN**, girl, 8 lbs., 15 oz., 20 inches, born to Amelia and Richard Preston, Dec. 31, at 2:51 a.m.

Information provided by Patient Administration Division, Weed Army Community Hospital.

For questions concerning the information, contact PAD office at 380-3165.

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# Army Community

## STORY AND PHOTOS BY BOB LUCAS

Army Community Service  
Army Emergency Relief Officer

Meet Fort Irwin's Army Community Service personnel. With the ever-changing environment of serving our families and Soldiers at Fort Irwin, there is a need to inform everyone that there are numerous services available that were created by the Army just for the military community. Many of these programs are aimed at the welfare of the military family as well as the Soldier. It is important that you all take advantage of these programs as a situation arises in your own life. Help is just a few steps or one call away. These services are all located in Bldg. 548.

Kevin Ware is the Director of the Army Community Service (ACS) within the Directorate of Morale, Welfare, and Recreation. He can be reached at 380-4991 or e-mail kevin.b.ware@us.army.mil. He firmly believes in the concepts of providing a good service to the military community and lives by his actions by providing a manager style of leadership in that "the buck stops here." Call him or e-mail him if you want to share information or provide comments. His assistant, Alma Medrano, can also be contacted concerning activities or generalized questions on ACS. She can be reached at 380-4784 (ACS front office).



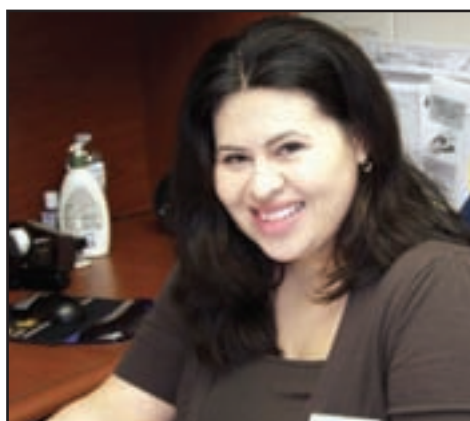
**Kevin Ware**



**Alma Medrano**

### Information and Referral Program Services

Evelyn Villalobos is the Information, Referral & Follow-Up Program manager for Fort Irwin. She operates a central point for information and referral to a comprehensive network of internal and external agencies, For more information go to [www.irwin.army.mil](http://www.irwin.army.mil)



**Evelyn Villalobos**

services and programs; crisis intervention, and in-processing. She can be reached at 380-3776 or by e-mail at evelyn.sandovalvillalobos@us.army.mil.



**Tony Casiano**

### Financial Readiness Program Services

Tony Casiano is the Financial Readiness manager for Fort Irwin. He provides a full range of consumer and financial affairs such as budget counseling, debt liquidation assistance, personal financial planning, saving and investing and much more. He will also give financial classes as required or as requested by our soldiers or units throughout Fort Irwin. He can be reached at 380-9194 or by e-mail at antonio.casiano@us.army.mil.

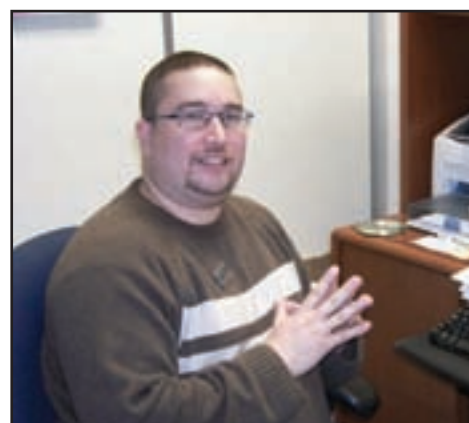


**Bob Lucas**

### Army Emergency Relief (AER) Program Services

Bob Lucas is the Army Emergency Relief officer for Fort Irwin. He provides emergency financial assistance in times of distress to sol-

diers and soldier families. This includes emergency travel, primary vehicle repair, food and back rent assistance, and a multitude of other areas. The service is provided to active duty soldiers, family members, Guard and Reserve called to active duty, and Army retirees. The assistance provided is zero-interest loans and/or grants and scholarships (provided through Headquarters AER). He can be reached at 380-3513 or by e-mail robert.c.lucas@us.army.mil.



**Tony Untalan**

### Army Volunteer Corps (AVC) Program

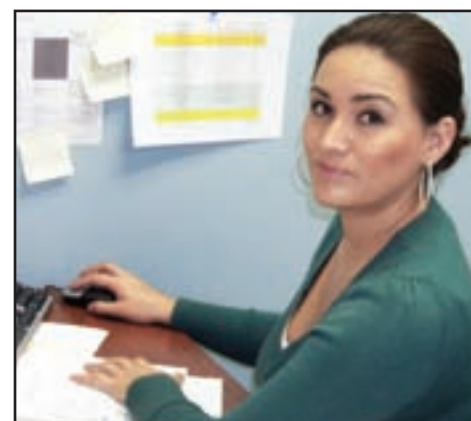
Tony Untalan is the Army Volunteer Corps coordinator. He serves as the central point of contact for volunteer opportunities and recognition on Fort Irwin. Volunteering at Fort Irwin is a good way to build a resume, obtain different types of training, and also helping out the military community. Soldier volunteers can earn the Military Outstanding Volunteer Service Medal (MOVSM) for volunteering. He can be reached at 380-8422 or e-mail tony.i.untalan@us.army.mil.



**Maritza Ramirez**

### Relocation Readiness Program Services

Maritza Ramirez is the Relocation Program manager for Fort Irwin. She supports America's mobile Army through educational training, guidance, and outreach efforts. Newcomers briefings, reassignment briefings, welcome packets, sponsorship military and civilian training and guidance, pre- and post-move counseling, ESL classes, and the lending closet are just a few of the services she provides to the military community. She can be reached at 380-3598 or by e-mail maritza.1.ramirez@us.army.mil.



**Joanna Gadd**

### Mobilization and Deployment Readiness Program Services

Joanna Gadd is the Mobilization and Deployment coordinator for Fort Irwin. She assists Soldiers and families during all phases of deployment. She provides guidance, resources and training for Family Readiness Group members, Rear Detachment Commanders and Family Readiness Support Assistants. She supports deploying units by providing pre-deployment and reunion and reintegration information and material to Soldiers and family members. She can be reached at 380-2399 or e-mail joanna.gadd@us.army.mil.



**Angela Minton**

### Survivor Outreach Service (SOS)

Angela Minton is the Survivor Outreach Service Support coordinator. As the SOS Support coordinator, she serves as the long-term support advocate for survivors. Angela facilitates support groups, provides life skills education, and assists Survivors with connecting with community resources such as counseling, financial support, and many other areas. The support coordinators work closely with the benefits coordinator and casualty assistance officer. Angela can be reached at 380-8357 or email angela.minton@us.army.mil.

### Army Family Team Building (AFTB) and Army Family Action Plan (AFAP) Program Services

AFTB is a volunteer-led program that provides training and knowledge to Soldiers and family members to support the total Army effort. It offers a better understanding of the Army and challenges it brings to the family. AFAP is an Army-wide program to improve



Faces of ...

# Community Service (ACS)



**Nadia Hall**



**Evita Bradley**



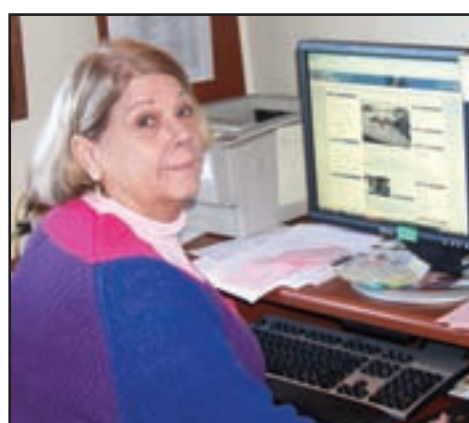
**Christina Chavez**



**Silvia Moreno**

quality of life. Through AFAP, all community members have a forum to voice concerns to Army leadership and make recommendations for change. Issues pertaining to benefits, entitlements and installation activities, services or programs are examples of potential AFAP Issues. Installations hold annual AFAP conferences where representatives of the entire community meet to identify, develop, and prioritize Army-wide issues they believe are important to maintain a good standard of living. Nadia Hall is the AFTB/AFAP Program Manager for Fort Irwin. She can be reached at 380-2382 or e-mail [nadia.hall@us.army.mil](mailto:nadia.hall@us.army.mil)

can be reached at 380-3698 or e-mail [florine.king@us.army.mil](mailto:florine.king@us.army.mil). Her Program Support Assistant, Evita Bradley, can be contacted at 380-9195 or e-mail [evita.bradley@us.army.mil](mailto:evita.bradley@us.army.mil).



**Susan Alderman**

## Family Advocacy (FAP) Services

Susan Alderman is the Family Advocacy Program manager. She and her staff focus on delivering services that strengthen Army families by providing the tools to maintain safe and nurturing environments. She can be reached at 380-4470 or e-mail [susan.alderman@us.army.mil](mailto:susan.alderman@us.army.mil). Within her activity, Susan has several resources. Christina Chavez, the Family Advocacy Program Education coordinator can be reached at 380-4474 or e-mail [christina.chavez@us.army.mil](mailto:christina.chavez@us.army.mil). Other highly trained personnel in the Victim Advocacy arena are Yashica Sylvester (Victim Advocate), at 380-2407 or e-mail [yashica.sylvester@us.army.mil](mailto:yashica.sylvester@us.army.mil) and Rebecca Ax (Victim Advocate), at 380-2409 or e-mail [rebecca.ax@us.army.mil](mailto:rebecca.ax@us.army.mil).



**Yashica Sylvester**



**Rebecca Ax**

## Employment Readiness Program Services

Silvia Moreno is the Employment Readiness Program coordinator. She provides a full range of employment assistance to Soldiers and family members, such as career counseling, job coaching

and interview preparation, job search assistance and referral services. She can be contacted at 380-5165 or e-mail [silvia.moreno@us.army.mil](mailto:silvia.moreno@us.army.mil).



**Anthea Acosta**

## Military Connection and Resource Center Program

Anthea Acosta manages and operates the Barstow Outreach Center, whose mission is to provide assistance by developing, coordinating and delivering service which provided individuals, families and communities with programs that meet their needs and interests. Services provided are the Lending Closet, internet access, fax and copier use and welcome packets. She is also the point of contact for all Army Community Services and programs for the Barstow area as it pertains to Fort Irwin. She can be reached at 256-1735 or e-mail [anthea.c.acosta@us.army.mil](mailto:anthea.c.acosta@us.army.mil).

*Editor's note: For more information, contact Bob Lucas at 380-3513 or e-mail [robert.c.lucas@us.army.mil](mailto:robert.c.lucas@us.army.mil).*



**Florine "Flo" King**

## Exceptional Family Member Program (EFMP) Services

Florine "Flo" King is the Exceptional Family Member Program manager. She ensures the military community families, with special needs, have a core program that provides comprehensive and coordinated community support. She





# The four risks you didn't know about cervical cancer



**BY SHARI LOPATIN**  
TriWest Healthcare Alliance

You may have heard that a virus called HPV is a risk factor for cervical cancer, but did you know taking birth control pills can be one too?

While the best way to survive cervical cancer is to catch it early by screening regularly with a Pap test, here are four lesser-known risk factors for this disease:

**Birth Control Pills:** According to the Centers for Disease Control and Prevention (CDC), using birth control pills for five years or more can increase one's risk for cervical cancer. However, the American Cancer Society stresses that the risk returns to normal about 10 years after the pills are stopped.

**Giving Birth to Three or More Children:** Although no experts can pinpoint why this is a risk factor, the American Cancer Society's website explains a few theories:

Studies have indicated hormonal changes during pregnancies could make a woman more receptive to HPV or developing cancer.

Pregnancies might weaken a woman's immune system, also making her more susceptible to HPV infection or cancer development.

**HIV:** According to the CDC, having HIV, the virus that causes AIDS, or another condition that makes it hard for the body to fight infection is a risk factor for developing cervical cancer. The American Cancer Society states that HIV also makes it more difficult for the

body to fight off the HPV infection, which is a large risk factor for cervical cancer.

**Smoking:** Women who smoke are about twice as likely as non-smokers to get cervical cancer," the American Cancer Society website says. This is because smoking exposes the body to cancer-causing toxins and elements that affect other organs, besides the lungs.

Above all else, remember to get regular Pap tests to screen for cervical cancer. They are a TRICARE-covered benefit, so take advantage of them.

For more healthy living tips and news articles, follow TriWest on Facebook and Twitter: [www.facebook.com/triwest](http://www.facebook.com/triwest), [www.twitter.com/triwest](http://www.twitter.com/triwest).

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Personal trainer

# Motivation makes lives better

**STORY AND PHOTO BY CAROLINE KEYSER**  
Warrior Staff Writer

If you're one of the millions of Americans who resolved to lose weight and get in shape this year, you might want to give Leslie Starkey a call.

Starkey, a certified personal trainer, has been based out of Memorial Fitness Center since October. She offers a wide range of personal training services, including training for specific sports or events, fitness basics for kids, and general motivation and instruction for those new to exercise. Starkey also provides tips on eating a healthy diet and incorporating exercise into everyday life.

Though she earned her personal training certification 10 years ago, Starkey's fascination with how the human body works goes back much further, she said.

"My mom was a nurse, and when other kids were reading novels, I was reading nursing books," she said with a laugh. "When I was a kid, I was kind of heavy, and I got interested in exercise. It made me feel really good, so I kept doing it."

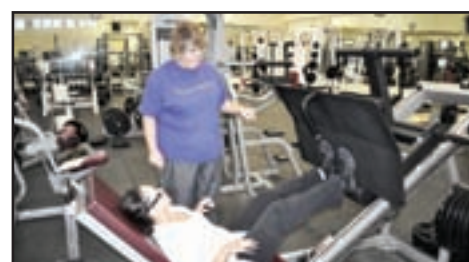
Starkey has continued her interest in exercise into adulthood. She spent several years

weightlifting competitively, winning some local titles and working her way up to a leg press weight of about 800 pounds.

So when Starkey, a native of Cape Girardeau, Mo., decided to enroll in the University of Missouri's exercise science program, it was a natural choice. She earned a bachelor's degree in 2001, and spent her career working in a variety of exercise and fitness settings — teaching P.E. in a K-12 school, leading community center fitness classes, and helping rehabilitate heart surgery patients. Starkey also spent three years as a physical therapy technician specializing in elderly patients and people who had just finished physical rehabilitation.

"I was so proud to help them," she said. "One of my patients was a 45-year-old truck driver who had been in a wreck and was no longer able to walk. By the end of the year that I worked with him, he was walking again. It was great."

Though Starkey called the Midwest home, she decided to relocate to the High Desert in early 2010 to escape Missouri's high levels of pollen, ragweed, and humidity, which caused her to suffer from severe allergies and aggravated her asthma. Visiting the High Desert, she not only found her allergies and asthma



**Leslie Starkey shows Jocelyn Scott, a Fort Irwin resident, the proper technique for performing a leg press during Scott's personal training appointment at Memorial Fitness Center in December. Starkey has been working as a personal trainer at MFC since Oct. 2010.**

vastly improved, she also fell in love with the area. Starkey has lived in Barstow since March, and said the opportunity to serve the Fort Irwin community played a part in her decision to settle there.

"I've always had friends in the military, and my dad was in the Army," she said. "Training Soldiers, spouses and civilians is my way of being able to return the favor to the military and their families for what they do and go through for us. I want to help make their lives better."

Jocelyn Scott, spouse of a Fort Irwin Soldier, visited Starkey for her first personal training ses-

sion in December. As with all first time clients, Starkey talked with Scott about her goals and evaluated her fitness level at the time.

"She's definitely knowledgeable," Scott said. "She explained what everything means and how to do the exercises. Right now, I actually feel good and not too tired from exercising."

Overdoing it is one of the biggest mistakes people make when starting an exercise program on their own, Starkey said. She advises new exercisers not to push themselves to the point of pain or exhaustion, but instead to keep a steady, sustainable pace, which helps prevent injury and burnout.

"A lot of people think if they're not in pain, they're not getting the gain," Starkey said. "But they are."

When she's not working at Memorial Fitness Center, Starkey coaches Fort Irwin's Child, Youth and School Services (CYSS) sports teams, which include volleyball, basketball, and softball. She said she enjoys getting involved in the Fort Irwin community and helping kids stay healthy.

To make an appointment with Starkey, call her at 573-944-1333, call Memorial Fitness Center at 380-7715, or e-mail her at [lesliestarkey09@yahoo.com](mailto:lesliestarkey09@yahoo.com).

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The screenshot shows the homepage of 'The National Training Center and Fort Irwin News'. The header includes the site name and a navigation menu. A prominent banner for 'Exclusive Savings from Apple' is visible. Below the banner, there's a section for 'News from...' with a list of local news items from various military bases. To the right, there are several advertisements, including one for 'VICTORVILLE MITSUBISHI Military Appreciation Sale Event!' and another for 'Happy New Year To The Men & Women Serving Our Country'. The sidebar on the left lists various military bases and their locations.



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# Command Sgt. Maj. Martinez retires at 27 years



CHARLES MELTON

Command Sgt. Major Victor Martinez, past post command sergeant major, was honored for his 27 years of active-duty service with the Legion of Merit award at his retirement ceremony on Jan. 7. In the photo are members of his family, Command Sgt. Maj. Nathan Buckner, post command sergeant major, left, and Col. Scott Brown, chief of staff, right.

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# 14th Annual Foot March to the Veterans Home

## Soldiers march through Barstow to meet veterans

STORY BY SGT. GIANCARLO CASEM

11th ACR Public Affairs

BARSTOW, Calif.—More than 200 Soldiers from the 11th Armored Cavalry Regiment visited veterans at the Veterans Home of California in Barstow, Jan. 7.

The Soldiers, stationed at nearby Fort Irwin, started off the new year by participating in the 14th Annual Foot March to the Veterans Home. The Soldiers marched through the streets of downtown Barstow to the Veterans Home.

"I think everything, with our veterans here in town, is important because I just see Barstow as a very pro-military town," said Barstow City Council Member Tim Silva. "Me personally, I'm very appreciative of the freedoms me and my family can enjoy because of our military."

The event allowed the Soldiers the opportunity to visit the veterans and let them know that they are not forgotten. For residents and families of those at the home, the event wraps up the holiday season and starts of a new year at the home on a high note.

"It's nice, I like it. My dad was a veteran, so I used to do this a lot," said Pvt. Jonathan Werner, G Troop, 2nd Squadron, 11th ACR. Werner, a native of Quincy, Ill., spent lunch chatting with an Air Force veteran who shared his experiences in Vietnam. He said the experience is just part of being a Soldier. "This is what I joined for; to serve my country. I do what I can for everybody's freedom."

The event also provided a way for Soldiers to give donations to the Home's Morale, Welfare and Recreation fund. The Home received a \$2,304 donation into that fund. The Blackhorse Soldiers held formation at the Barstow Amtrak Station and marched east through a portion of downtown Barstow on Main Street before heading south on Barstow Road, up the hill to the Veterans Home. The formation was led by Col. Antonio Aguto, Jr., and Command Sgt. Maj. Martin Wilcox, the Regimental commander and command sergeant major.



SPC. ZACHARY A. GARDNER

**A Soldier from the 11th Armored Cavalry Regiment visits with a resident of the Veterans Home of California in Barstow.**

"Thank you for allowing us to honor you today; it is truly an honor for us. It does us good to be here eating lunch with you," Aguto said as he addressed the Home's veterans, staff and his Soldiers. "Being in the Army is all about the stories. It's all about the stories that we share, it's all about the stories that we create, and it's all about the stories that make up ourselves. Veterans, please share your stories."

As the formation of Soldiers walked the streets of Barstow, they were greeted by passersby and onlookers. Barstow residents waved flags and cheered on the marching Soldiers.

"Oh, I love it. I've been coming here for close to seven years now and every time I hear about the march, I want to be here," said Rob Voss, a veteran who served with the 1st Infantry Division in Vietnam. "It's a big morale boost. You don't have to be in the Army to enjoy Soldiers marching up and doing their cadence calls."

As a city council member and the son of a veteran, Silva said he took a little bit of pride in seeing his fellow Barstow citizens come out and support the Regiment.



SPC. ZACHARY A. GARDNER

**Troopers from the 11th Armored Cavalry Regiment march through downtown Barstow as part of the 14th Annual Foot March to the Veterans Home of California Barstow.**

"I watch it every year. My staff and I step out of our office and watch it every year on Barstow Road," he said. "It feels great. I'd like to see more of us just stand out and take a break as (the Soldiers) are marching down Main Street and Barstow Road. Hopefully we can see that in the future. But the ones that do come out, it's a good thing to see."

As the formation marched closer to the Home's driveway, its residents came out and greeted the Blackhorse Troopers with smiles and waving flags.

"It's always a great thing to see," said Don Baxter, a veteran living at the Home. "It's good for us to see the Soldiers as they march up, it makes us feel proud."

"There are 2 million veterans in California, every year 30,000 (veterans) return to the state of California having served the Army, Navy, Marines, Air Force and the Coast Guard," said Chavez, himself a former Marine. "These young people coming back want to live the American dream for which they have fought for. I dedicate to you (Soldiers) the 2,400 employees of the California Department of Veterans Affairs. If you decide to stay in California, (they) will be there to serve you to ensure you have the opportunity for an education, jobs and to meet your health care needs. We know that the best citizens of a free country are those who have served."



SGT. GIANCARLO CASEM

**Sgt. 1st Class Jason Knox, Maintenance Troop, Regimental Support Squadron, 11th Armored Cavalry Regiment visits with a resident of the Veterans Home of California in Barstow, Jan. 7.**



SPC. ZACHARY A. GARDNER

**Calvin Phillips, Association of the United States Army High Desert Chapter President, presents a check to the Veterans Home of California in Barstow.**

For more information go to [www.irwin.army.mil](http://www.irwin.army.mil)



# HIGH DESERT WARRIOR CLASSIFIED AD POLICIES AND FORM

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## NOTICE OF AVAILABILITY Fort Irwin NTC new Weed Army Community Hospital

This notice advises the public that an Environmental Assessment (EA) has been prepared for the construction of a new Weed Army Community Hospital at Fort Irwin, California. The EA will be available for public review and comment beginning January 18, 2011. Copies of the EA will be available at the Barstow Library at 304 East Buena Vista Street, Barstow, California 92311, the Fort Irwin Post Library at 331 2nd Street, Fort Irwin, California 92310, and online at [www.irwin.army.mil/Post/Environment/Pages/NEPA.aspx](http://www.irwin.army.mil/Post/Environment/Pages/NEPA.aspx) for a period of 30 days. Comments should be submitted to Mr. John Baker, Fort Irwin Directorate of Public Works, Environmental Division, Building 602, P.O. Box 105085, Fort Irwin, California, 92310-5085 or via email to [john.c.baker@us.army.mil](mailto:john.c.baker@us.army.mil). Electronic transmissions must be received by February 17, 2011 and comments sent by U.S. Mail must be postmarked by February 17, 2011.

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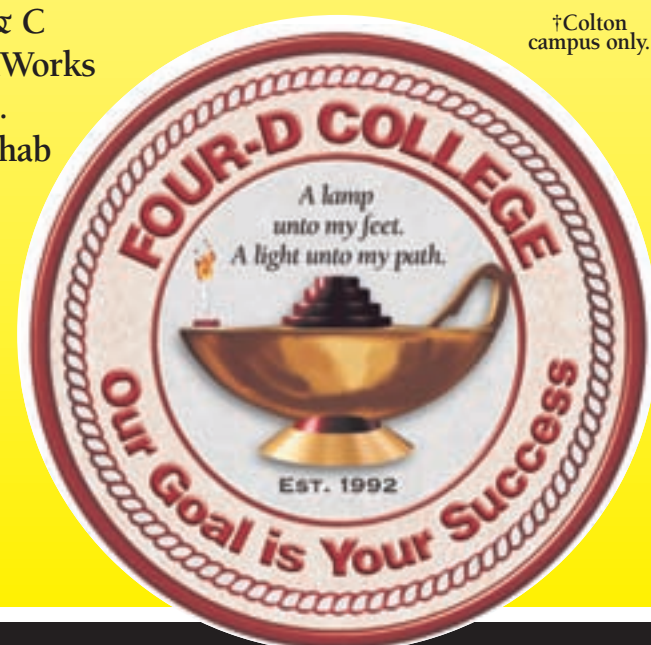
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